

The First Contact Physiotherapist will...

- **Assess you** and diagnose what's happening
 - **Give expert advice** on how best to manage your condition
 - **Recommend** exercises and other approaches to deal with the issue
 - **If needed, refer you on** to specialist services (this may be formal Physiotherapy Referral or Hospital Specialist Services).
-
- To access an NHS First Contact Physiotherapy Appointment for any musculoskeletal problem, please contact YOUR GP Practice.
 - In most cases they will book you directly with a First Contact Physiotherapist, without needing to see a GP first.
 - Appointments are offered both in person and virtually (video or phone)

